

TWENTY-FIVE YEARS AGO†

EXCERPTS FROM OUR STATE MEDICAL JOURNAL

Vol. XIII, No. 11, November, 1915

From Some Editorial Notes:

On Criticism.—Some thoughts on criticism in general have been suggested by the fact that a number of people in Sacramento have more or less heatedly taken the editor to task for an editorial note which appeared in the JOURNAL, criticizing the policy of a city in turning out a full-time health officer, and presumably a well-trained one, as he was, we understand, picked in competitive examination. The point is that the editor was attacked for publishing certain criticism; there was no discussion of the thing criticized! If one is to be personally attacked for uttering words of criticism, it would seem logical to show first that the thing criticized is essentially right and that hence the critical words were improperly used. If a criticism is just, it is no argument against it to berate the critic. If it can be shown that it is not just, then the critic should most certainly be taken to task for his improper and unwarranted use of critical words. It may be conceded that no one likes to be criticized and that when anything is criticized, someone is sure to be offended thereby, either rightly or wrongly. If no one and nothing were ever criticized; if errors and mistakes and misdemeanors were never pointed out, what a chaotic world we would live in, and how impossible life would become! . . . Time alone will show the right or the wrong of this particular thing. To attack the editor does not alter the right or the wrong of the thing mentioned. It is often discouraging to have personalities injected into a discussion of things or conditions as such. And it certainly is much easier to go through life openly admitting that all things are possible and that everybody is right!

Rockefeller Foundation and Hookworm.—The Rockefeller Foundation has recently issued an annual report, largely dealing with its International Health Commission, and purposes hereafter to issue such reports each year. The work of this one branch of the Foundation is stupendous. . . .

Test Your Wassermann!—There is a story about a man, upon whom a certain rude community had imposed the duty of dispensing justice; he declared his intention of hearing only one side of the case; "for," said he, "to hear two sides would have a tendency to confuse the court."

Such an evasion of the problem resulting from a conflict of testimony is not always feasible in the practice of medicine; and we can not help wondering how widespread is the trouble of mind which the practitioner suffers from the contradictory reports issued by workers who make the Wassermann tests. To stick to a single serologist would secure the mental repose which the backwoods justice was so anxious to preserve; but we fear that a regular assumption of one's Wassermann worker's infallibility would not be compatible with one's duty. . . .

One lesson to be learned from this, if the lesson needed learning, is that the physician must not abdicate too readily in favor of the laboratory worker, but must keep his clinical head. Furthermore, a laboratory method convenient for the use of the practitioner himself, to serve as a check upon the serologist, is very much desiderated. . . .

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† This column strives to mirror the work and aims of colleagues who bore the brunt of Association activities some twenty-five years ago. It is hoped that such presentation will be of interest to both old and new members.

BOARD OF MEDICAL EXAMINERS OF THE STATE OF CALIFORNIA†

By CHARLES B. PINKHAM, M. D.
Secretary-Treasurer

News

Report by Special Agent Hunter relates that an individual using the name Reverend George Baker was arrested by him at Livermore after he had prescribed a dilute solution of listerine for Hunter, who posed as a patient; that Baker has been identified as an individual named Cohn, who, according to the Federal Bureau of Investigation, has quite a criminal record and has operated all over the western part of the country, being active in California for only three months. A clipping from the Sacramento *Bee* of October 1, 1940, related in part as follows:


"Harry Cohn, 59, who, the investigators said, went by the name of Rev. George Baker when conducting his business of fortune telling and spiritualism, was in the Butte County jail on a charge of petit theft, filed by his former partner, Ange From, 50, the miner, who declared Cohn defrauded him of \$76. Constable Tom Reeves returned Cohn from Watsonville, where he had been arrested by the local police. Reeves said his investigation disclosed that Cohn had an electrical device which is supposed to reveal the presence of gold. He said From told him he paid \$76 for a reading and Cohn went into a trance and on coming out promised to find treasure buried in the Santa Cruz mountains. From declared: 'All I got was exercise.' A second charge of petit theft was filed against Cohn yesterday by John A. Taylor of Willows. Taylor said he put up \$132 to finance a treasure hunt."

"St. Louis Estes, raw food advocate, today was sentenced to 150 days in the county jail and fined \$2,500 by Municipal Judge White. Estes, convicted last week of ten counts of practicing medicine without a license, was denied a new trial. Through his attorney, J. A. Brown, he filed notice of appeal. Judge White fixed bail at \$500 pending outcome of the appeal. It was the second trial for Estes. His first conviction was set aside because of a jury mixup. Estes, formerly a Southern Californian, brought his theories of food and health here about two years ago. With him came his large family—all adepts at practicing his theories. Dr. Estes is 75. Estes was accused by Arthur A. Derrickson, 55, of 955 Ellis Street, who contended he had paid Estes \$1,130 for treatment of impaired sight." (San Francisco *News*, September 27, 1940.) (Prior entries, May, 1930; November, 1935; March, 1936; December, 1938; February and November, 1939; May, 1940.)

"Dr. Hermann Frederick Erben, naturalized Austrian-born physician, was denied passage as an ordinary seaman on the American President liner *President Garfield* which sailed for the Orient yesterday. Erben, who has been under surveillance of the FBI for alleged 'fifth column' activities, was removed from the ship's rolls by company officials shortly before sailing time at noon. The widely traveled medical specialist had previously signed on and had worked two days as an ordinary seaman while the transpacific liner was in port. In accordance with U. S. regulations governing the employment of seamen, Erben is entitled to one month's pay in addition to wages for the time. Captain L. H. Westdahl, marine superintendent here for the American President Lines, confirmed the incident, saying Erben

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† The office addresses of the California State Board of Medical Examiners are printed in the roster on advertising page 6.



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TWENTY-FIVE YEARS AGO

(Continued from Page 28)

ticularly those of the U. S. Public Health Service and the Health Department of Pennsylvania, have drawn crowds of interested observers.

The attendance in the section of the California Association for the Study and Prevention of Tuberculosis last month was over 15,000. . . .

BOARD OF MEDICAL EXAMINERS

(Continued from Text Page 244)

was 'undesirable as an employee.' 'We had no idea that a man who has previously been denied an application as ship's doctor would attempt to sign on as an ordinary seaman. A routine checkup made prior to sailing revealed the man's true identity and we simply dismissed him.' An action brought by the U. S. Government to determine whether or not he was properly naturalized in 1930 is pending in the federal court. According to Erben, who denies he is a Nazi sympathizer, he has been turned down for enlistment in both the army and navy because he is 'too old.' Erben gave his age as 43." (San Francisco Chronicle, September 19, 1940.) "Although his first venture to sail from here as an ordinary seaman ended in failure, Dr. Hermann Frederick Erben, Austrian-born brain specialist and adventurer whose citizenship is under Government attack, has tried again, it was revealed yesterday. He signed up for \$60 a month ordinary seaman's job at Tacoma on the Grace Line freighter *Staghound*, but his presence abroad was discovered by company officials as the vessel docked here, preparatory to sailing for South America, and they took

steps to remove him from the crew list. . . . Dr. Erben, 41, was surgeon aboard the freighter which acted as supply ship for the German pocket battleship *Graf Spee*, and on his return here the Government started court action to revoke his citizenship. A decision is expected within the next three months. . . ." (San Francisco Examiner, October 20, 1940.) (Previous entries, November, 1938; October, 1940.)

"Dr. C. F. Ott, wealthy Pacific Palisades physician, today faced a maximum sentence of a year and a half in jail or a \$1,500 fine, or both, as a result of his conviction yesterday on three misdemeanor counts of brutally beating and mistreating his three dogs. A jury in Municipal Judge Oda Faulconer's court brought in the verdict against the doctor, who, nine prosecution witnesses testified, had beaten, kicked and choked the three animals, Dash, Pal and Mickey. Doctor Ott will come up for sentence tomorrow at 2 p. m. and in the meantime has been released on his own recognizance. The jury of ten women and two men, who deliberated for almost two hours, cast only one ballot—unanimously for conviction. . . ." (Los Angeles Herald and Express, September 19, 1940.)

"The case of Dr. John H. Becker of Banning, interesting from a legal point because of the precedent it may have established regarding the powers of the state medical board in revoking licenses, apparently came to an end this week, with the decision going to the physician. Dismissing an appeal taken by the State from a Riverside County superior court decision, the fourth district court of appeal ordered

(Continued in Back Advertising Section, Page 34)

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BOARD OF MEDICAL EXAMINERS

(Continued from Front Advertising Section, Page 30)

the State Board of Medical Examiners to reinstate the Banning doctor's license. Judge F. A. Leonard of San Bernardino County, presiding here on assignment, heard the trial. The physician was represented by Attorney Frederick Wing of Banning in the legal processes which extended over more than a year. . . . *Riverside News*, September 3, 1940.)

"Charged by the State Medical Board with violation of his probation, Dr. W. G. Cardew, 72, chiropractor, was booked at the county jail yesterday. A bench warrant for

the chiropractor's arrest was obtained in Judge Grandin H. Miller's court by Thomas Hunter, inspector for the medical board. Doctor Cardew had been fined \$100 and placed on two years' probation last April. A condition of his probation was nonpractice of medicine." (San Jose *Mercury-Herald Weekly Shopper*, September 6, 1940.) Under date of October 8, 1940, Special Agent Hunter reported that William G. Cardew admitted the violation of his probation to Judge Miller of the San Jose Justice Court on October 7 and the matter was put off calendar, with the understanding that Cardew would immediately close his office and would leave San Jose for a period of at least three months. "Cardew promised to sell his office equip-

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BOARD OF MEDICAL EXAMINERS

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ment and never to reopen his office. If he continues with his practice, it will be merely by making house visits."

"Comely, dark-eyed Beth Wilkinson, 34, self-styled 'Reincarnated Priestess of Biblical Chaldea,' has been fined \$100 and sentenced to ten days in the county jail for violating the California medical practice act. Municipal Judge Theresa Meikle also sentenced Jacob Nowak, 84, an accomplice, to a six months' suspended sentence. Special Agent Joseph Williams of the State Board of Medical Examiners testified the pair referred to themselves as physicians in treating Mrs. Joy Thayer of the Better Business Bureau at their healing headquarters, 9 Scott Street. Miss Wilkinson's personal card bore the inscription: 'Beth, Reincarnated Priestess of Biblical Chaldea, Spiritual Healer Divine—by appointment.' She was released on \$250 bail after giving notice she would appeal the court's conviction." (San Francisco Chronicle, September 25, 1940.)

"Federal Judge Frank Norcross denied a writ of habeas corpus for Prince Alexis Romanoff, who asserted he was held in the county jail in Reno as an alien under orders of the United States District Attorney's office. Romanoff was taken into custody in Reno July 2 by immigration authorities on a warrant issued in Washington." (Associated Press Dispatch dated Carson City, Nevada, September 19, printed Sacramento Bee, September 19, 1940.) (Previous entries, May, 1934; August, 1939.) (This individual was featured in the 1937 Annual Report of the Board of Medical Examiners under the name of Trotsky.

(Continued on Next Page)

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(Continued from Preceding Page)

"Dr. Lee A. Stone, Madera city and county health officer, has been elected president of the California Health Officers Association. . . ." (*Madera Tribune and Mercury*, September 19, 1940.)

"Unlicensed medical practice was charged yesterday against an Oakland chemist, arrested on a local warrant in connection with the death of a San Jose girl he had allegedly treated for tuberculosis. The subject, Robert Thompson Fowler, about 60, had posed as a 'tuberculosis specialist,' according to State Medical Examiner J. W. Williams. His arrest was the outgrowth of a case in which 18-year-old Josephine Sportello of 759 North Twelfth Street, died here August 1. Williams, who filed charges against Fowler in Judge Grandin H. Miller's court, said the arrested man had been treating patients with some sort of inhalant, claiming a cure of ninety-six out of a hundred cases. The Sportello girl had been ill for months. She was a daughter of Mr. and Mrs. Frank Sportello. The father is a local fish market owner." (*San Jose Mercury-Herald*, September 14, 1940.) (Previous entries, May, June, August, 1926; April and May, 1929.) Commenting thereon, the *San Jose News* of September 16, 1940, printed an editorial reading as follows: "An Oakland chemist has been arrested and charged with practicing medicine without a license. A special agent for the State medical board claims the man treated a local girl for tuberculosis and that she subsequently died. This case should be prosecuted with particular vigor to determine if this man was one of that large group who prey upon the sick and ailing. There are few more despicable activities than claiming to treat diseases which the pseudo physician is not qualified to treat. Tuberculosis is not the scourge it

once was and, if detected early and competently treated, is not difficult to control. It needs the most competent care, however, administered by an intelligent, well-trained physician. Such care a quack is not qualified to give."

"A jury in the courtroom of Superior Judge Edmund P. Mogan yesterday assessed the value of services rendered by a Los Angeles physician during the last illness of Joseph B. Strauss, late Golden Gate Bridge engineer, at \$600. A verdict for that amount was returned against Strauss' widow. The physician, Dr. Edwin H. Schneider, sued for \$7,500, asserting that he attended Strauss from March, 1938, until his death from a heart ailment and other complications in June of the following year." (*San Francisco Chronicle*, September 21, 1940.)

"Pleading guilty to practicing medicine without a license, Floyd E. Risdon, 39, operator of the Golden Gate College of Massage, was sentenced to pay a \$250 fine or spend sixty days in jail by Municipal Judge Frank Dunn today. . . ." (*San Francisco Call-Bulletin*, October 5, 1940.) Special Agent Hunter's report on Floyd E. Risdon relates: "A copy of a Los Angeles Report indicates that on March 19, 1940, Risdon was found guilty in Huntington Park Justice Court of violation of Section 2141 of the Business and Professions Code and was fined \$100, which fine was suspended. . . ." Among the material taken on search warrant, Special Agent Hunter reported approximately fifty blank diplomas on the Huntington Park College and approximately twenty-five letterheads reading "Golden Gate College," together with approximately fifty business, as well as fifty treatment, cards bearing the name "Golden Gate College."

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BOARD OF MEDICAL EXAMINERS

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"Dr. Grover C. Talbot, prominent San Jose chiropractor, who suffered a nervous breakdown following his arrest here in 1937 on an abortion charge and was committed to Agnew State Hospital as insane, was restored to capacity by an order of Superior Judge Charles Davison today. Testimony in court was that since his confinement, Doctor Talbot has recovered his sanity and is able to manage his affairs. No prosecution will follow, however, since records of Justice Chester W. Moore's court revealed that the charge—supplying a Palo Alto girl with medicine to cause an abortion—was dismissed on motion of the district attorney's office September 13, 1938." (San Jose News, September 27, 1940.) (Previous entries, August and October, 1936; October, November and December, 1937.)

United States Public Health Service.—To the broad sweep of our outlying citizenry, "U. S." still connotes "Uncle Sam," a benevolent whitebeard, an oracle who knows all the answers for those beset and perplexed by personal problems.

He "lives" in Washington, D. C.; it is, therefore, perfectly natural for "the people" to forward their questions to someone whose address includes those magic initials, "U. S." No agency of the Federal Government in Washington, no bureau, division, office, department, administration, commission, section, or service, but receives its daily grist of queries by mail.

The United States Public Health Service has never been slighted by lack of inquiring letters.

Each post brings its batch from all corners of this country and abroad, from metropolis, flag-stop, and farm home.

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By far the largest proportion of these letters, according to a study of 9,795 recent ones, by Dr. Robert Olesen, Assistant Surgeon-General ("What People Ask About Health," *Public Health Reports*, May 12, 1939), concern medical and public health subjects—facilities for care, personal hygiene, nutrition, infant care, sanitation, use of drugs, healing cults, health laws, statistics, and "cure-alls." The bulk of them are received by the Division of Sanitary Reports and Statistics, and answered by specialists within the Service. Some are unanswerable; the majority could have been better answered nearer home.

"The medical and public health questions asked by the people of this country," explained Doctor Olesen, "undoubtedly vary greatly from year to year. Therefore, the queries recorded in the present study can be regarded as

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typical only in a general way. Epidemics of diseases such as poliomyelitis and influenza, public discussion of medical care problems, announcements of new methods of treatment, illnesses of prominent persons, and the like, immediately precipitate a flood of inquiries, comment, and suggestions relative to such matters of current interest. At the same time, pursuit of knowledge concerning questions of general health continues quite evenly and unabated."

Here is a fair sample at random of the types of information requested: Susceptibility of a person to rabbit fever; dirt eating; how to get rid of germphobia; recent discoveries in the medical world; spectacles for the blind; how to preserve life; garlic—twenty questions on its medical use; bacteria on coins; cure for cigarette habit; most healthful regions of the United States; use of bone and dried chicken gizzard for treatment of cataract; effects of eating tung nuts; health value of barracuda; eating poison ivy leaves as a preventive; method of eliminating scars; embalming fluids; what is thyphen; therapeutic uses of radio; etc.

In preparing replies for its numerous correspondents, the Public Health Service utilizes not only its own resources, but those of a score of other Federal and of voluntary agencies. Besides approximately 2,000 reprints from the Public Health Reports, the Public Health Service also has some 400 multilithed statements, single copies of which are sent in response to specific requests for information. When a trend of questioning is noted for which material is not at hand, a special statement is prepared by someone familiar with the subject. Upon several occasions, outstanding medical specialists outside the Service have cooperated in preparing authentic articles. When neither printed nor duplicated material is available, appropriate

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answers are prepared by persons in the Service best fitted to supply the required information.

"The vast majority of letters presenting 'cure-alls,' and they are surprisingly frequent," said Doctor Olesen, "have common characteristics. They almost always come from the ignorant, whose knowledge of spelling and composition is rudimentary; and more often than not, the letter is written with pencil on a poor grade of scratch paper. Many of these correspondents are elderly men and women with too much unoccupied time on their hands. Retired persons, housewives, and individuals whose work leaves extended intervals for reflection are among those who devote their spare time to pondering on the ills of mankind and devising means of relieving them.

"Many times the proposed 'infallible' remedy is not original but was gleaned from an old medical book, or was passed down in the family by an illustrious ancestor, or was obtained from an old Indian chief. Another factor common to such 'discoveries' is their supposed applicability to a number, even a host, of ailments. Whereas the wise physician cautiously applies a single remedy of known action, the correspondent extolling a 'cure' finds his material useful for many illnesses. Moreover, the cure is quick in action, low in cost, immediate in its relief, and permanent in its results. Not even paralysis and permanent disability are obstacles to the person with a 'cure.'

"There is still another distinctive characteristic of the person with a claim, theory, or remedy, namely, his acknowledged willingness to receive or his demand for a reward for his 'shotgun' concoction. Seldom does he exhibit the altruistic magnanimity of offering his discovery for the general welfare of mankind, to be used without remuneration to himself. Though there is no evidence,

(Continued on Page 46)

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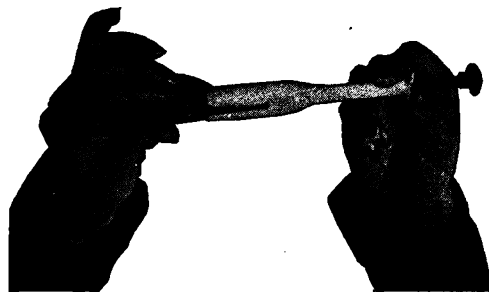
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(Continued from Page 44)

scientific or otherwise, in support of his contentions, he specifies a cash sum, frequently ranging between \$100,000 and \$1,000,000, as an appropriate reward for his devotion to his fellow man. Foreign correspondents, unable to gain a hearing for their preposterous claims in their own countries, are particularly prone to specify large sums for divulging their secrets to supposedly unenlightened Americans.

"To persons presenting claims in behalf of theories, discoveries and cures, the Public Health Service has a uniformly courteous but firm reply. In the first place, the Public Health Service has neither the inclination nor the facilities for investigating such claims, very few of which are offered by qualified persons or appear to possess merit. Second, the burden of proof for evidence that a remedy is effective rests upon the person who suggests it. Evidence would consist of results by unimpeachable scientific investi-

gations and endorsement by reputable medical societies, laboratories, and other organizations. In the absence of such evidence there is little reason for serious consideration of the steady flow of claims for various remedies.

"There is a serious side to the 'sure cures' devised by the ignorant and unscrupulous, and this concerns the administration of worthless or harmful drugs to the sick in the absence of a diagnosis of the ailment. Not only are the sick often deprived of skilled treatment, but a damaging delay in such treatment occurs while a worthless remedy is being administered. It is known, from frequent admissions that have been made by the inventors of remedies, that there is widespread violation of the medical practice laws.

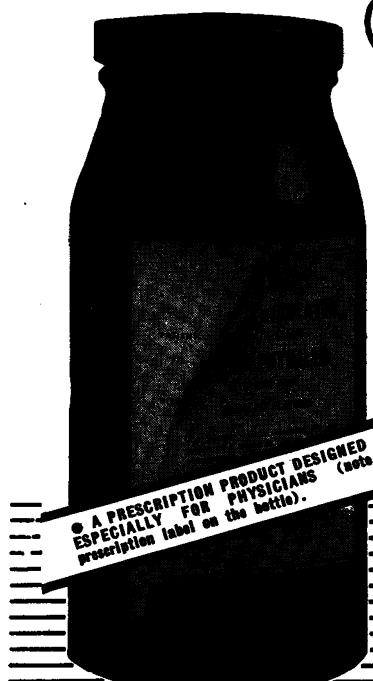
"In a few instances the exploiters of remedies of secret composition have urged their claims in person, often traveling considerable distances to reach Washington. The personal presentation of their claims has accomplished little beyond the personal satisfaction afforded and has uniformly discouraged the further promotion of the particular remedy or method advocated."

A considerable experience with persons seeking information about general health and medical care, according to the study, leads to the conclusion that very few of them utilize data from the most accessible sources. In general, information of both these types may be obtained most conveniently through the medium of the local school—or public library, health officer, or other authority in one's own community. In the event that queries are not readily answered by local officials, recourse may be had to the State Department of Health, usually very well equipped for supplying reliable information.

"When these sources fail to provide needed data," the study continued, "questions may be addressed to Federal agencies, including the Public Health Service, in Wash-

(Continued on Page 48)

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ington. It should be a matter of interest to every citizen of the country, however, to know just what part the Service plays in protecting the health of our people.

"Numerous letters received indicate, for one thing, that too many persons have an erroneous conception of its work, thinking that it treats and prescribes for individuals. It does not do this: such treatment is left to the family physician, or to local health officers maintained by town, county, or state clinics. Nor does the Service prescribe sanitary regulations for the states: that duty remains under the jurisdiction of the states themselves.

"The Service is equipped to provide four different kinds of information. First, information about its own activity: how it is organized; the scope of its personnel; and the different aspects of its work. Second, data which comes into it through the reporting services of a veritable peace-time division of 'dollar-a-year' assistant collaborating epidemiologists, whose coöperation is necessary in order that proper measures may be taken to prevent the further spread of disease, and in order that the efficacy of the preventive and control measures taken may be judged. Third, data about disease which becomes available through reports of the studies of the cause and means of propagation and spread of diseases of mankind, and the development of

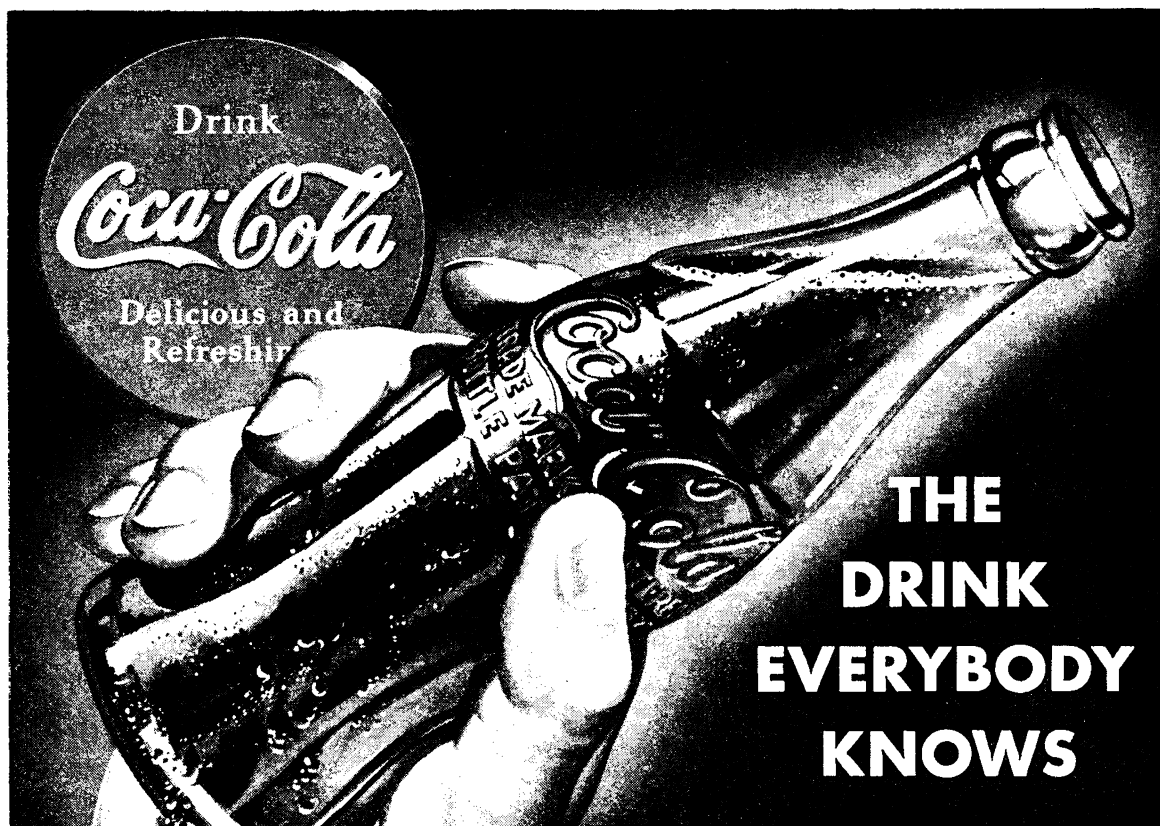
methods of prevention and control. Fourth, information for the individual about the things he can do to maintain his health or to assist his community in its public health program.

"Most of this latter kind of information goes out through the local health departments themselves, and many of the publications of the Service are distributed by the local health department to their own people. Such information is, however, given directly when people write in and ask for it.

"Not all answers in these fields can be given, however. There are many diseases about which we know very little. New research may change our best present knowledge of other diseases as scientific discovery progresses. Only those things which sound medical authority accepts as true can be stated with assurance.

"Neither can all questions as to the prevalence of all diseases be answered. All diseases need not be reported to health departments. Many diseases, such as syphilis, for example, which the law requires be reported, are not reported regularly. Some states and many foreign countries have not developed their health departments sufficiently to provide that information. The Public Health Service seeks to encourage better reporting; but its answers to such ques-

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tions must depend upon the completeness of the reports it gets."

There are figures of prevalence given in the weekly Public Health Reports on the principal communicable diseases. However, there are many diseases concerning which there is no accurate information as to incidence. These "nonreportables" include, for example, such widely dissimilar conditions as hay fever, cirrhosis of the liver, tonsillitis, rheumatism, heart disease, appendicitis, nephritis, and hernia.

The Public Health Service maintains several research laboratories, most important of which is the National Institute of Health in Washington, D. C. Generally speaking, it is the duty of the Institute to engage in research designed to protect the public health. The studies so undertaken may be fundamental in nature, or they may have immediate and direct application. They may be confined to a highly specialized branch of medicine; they may touch upon problems of sanitation; or they may involve related studies. They are limited only by the funds and personnel available, always bearing in mind that they must pertain to the public health.

"Requests for diagnosis of a disease and for medical treatment in specific cases cannot be answered by mail," Doctor Olesen advised. "These are both matters which require personal examination and oftentimes repeated observations of a patient. Symptoms do not make a diagnosis. Drugs and diet are prescribed by wise physicians for a given patient—and not for a disease. The dose, the frequency, and the administration of drugs, as well as advice about hygiene, must be determined for each individual. The Public Health Service, therefore, limited by law in its responsibilities, and by sheer physical lack of facilities, replies only to such questions as can be answered intelligently without seeing the patient."

A last point here may concern the matter of birth and death records: the Public Health Service does not have them. For vital statistics, write to your state, county, or local custodian, giving the name, the date, and the place of birth or death. This custodian may be the county clerk, clerk of the county court, city or town clerk, the state registrar, or secretary of the State Board of Health. Form 2473, issued by the United States Civil Service Commission, will supply all the information one may require about establishing the date of his birth.

Foot Troubles.—It is estimated that 90 per cent of all people in the United States suffer from some kind of foot trouble, according to findings of the United States Public Health Service.

The studies indicate that a great extent of America's foot trouble could be avoided if individuals will follow a few simple and effective preventive measures.

The figures for the general population have their counterpart in groups likely to be called for military service. Figures for the last war showed 80 per cent of the men were rejected for military service because of defects of the feet. It is expected that figures for the present group will equal or exceed those for the last war.

The recommendations of the Public Health Service are as follows:

1. Select shoes and hose that fit properly. Tight shoes cause pressure and shoes that are too large cause friction. The heels of shoes should be kept straight.
2. Shoes should be well supported through the arch of the foot, particularly for children whose feet tend to flatten when they stand up.

(Continued on Page 52)

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(Continued from Page 50)

3. The growing child should be taught the importance of foot cleanliness, and how to protect the feet against ill effects of what may seem to him to be minor injuries.

4. During adult life foot trouble may be a part of a general bodily condition where attention should be directed toward the improvement of the general health.

5. When standing for long periods, place the feet 2 to 4 inches apart, point them straight ahead and support the weight on the outside of the feet.

6. In stepping forward the weight should fall first on the heel, whereupon the body is carried forward over the foot, weight being applied along the outside of the foot from the heel to the small toe and finally across the forward part of the great toe.

7. The toenails should be cut straight across and not too short.

8. Frequent cleansing and careful drying of the feet, together with frequent changes to dry hose and shoes, may aid in relieving excessive perspiration.

9. Prompt care of all wounds and blisters on the feet may prevent serious consequences.

10. Fallen arches are the result of weakened leg muscles which allow the main or lengthwise arch in the foot to sag. An orthopedic surgeon should be consulted about this condition, as special treatment frequently is indicated.

11. The feet should be bathed at least once a day with soap and warm water and then thoroughly dried.

12. Exercise the feet. The arches may be strengthened by bending the toes—best accomplished by picking up small objects, such as marbles, with the toes.

The man who loves his work always takes a busman's holiday, for there is never time enough to do everything he wants to do about his job while he is on it.